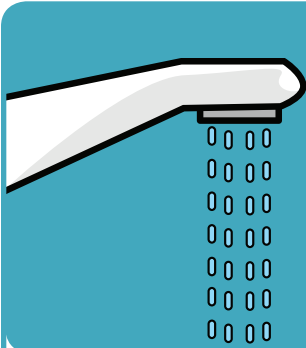
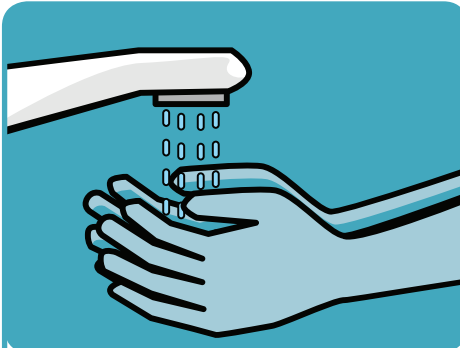


Ready, set, scrub.

How to wash your hands
the right way.



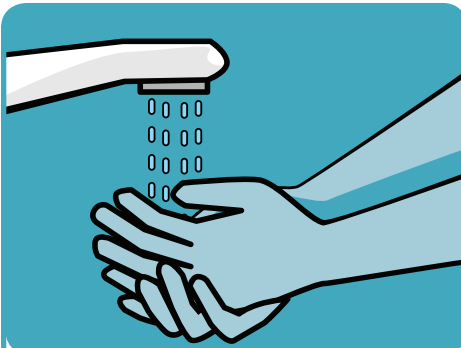
Turn on the water.
Warm is good.



Wet your hands and use
lots of soap.



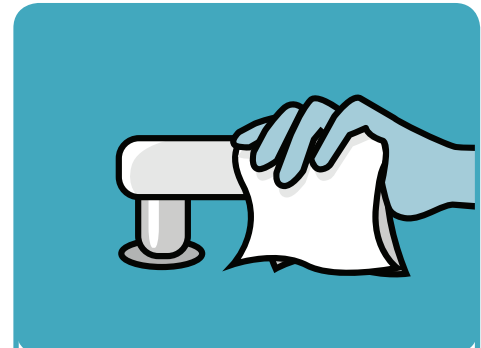
Rub your hands together
to make lots of suds.
Scrub all over and sing
the ABC's. When you're
done singing, stop
scrubbing.



Rinse your hands.



Dry them with a paper
towel or hand dryer.



If you can, use a paper
towel to turn off the
water and open the
bathroom door. Don't
forget to throw the paper
towel in the trash.

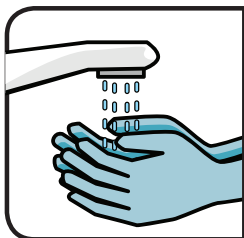


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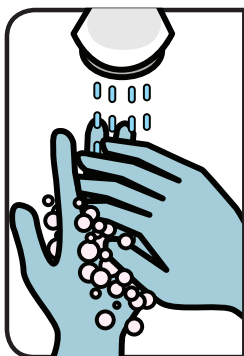
For more information go
to www.ct.gov/ctfluwatch

Are they clean yet?

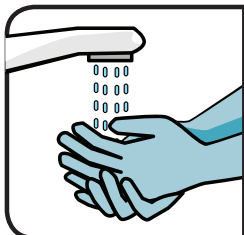
The right way to wash your hands.



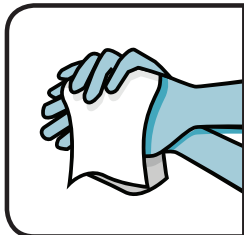
Wet your hands with warm water and use lots of soap.



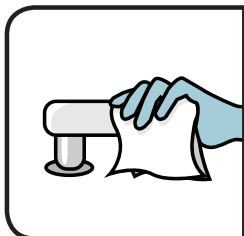
Rub your hands together to make lots of suds. Scrub all over and sing the ABC's. When you're done singing, stop scrubbing.



Rinse your hands.



Dry them with a paper towel or hand dryer.



If you can, use a paper towel to turn off the water and open the bathroom door.

For more information go to
www.ct.gov/ctfluwatch